

The Maximized Living Basic Nutrition Guide

Worst -----> Best

Fruit & Veggies	Conventional on the Dirty Dozen List, GMO, Pesticides, Juices, Canned	Clean 15 Conventionally, Dirty Dozen Organic, Fresh or Frozen	Organic Non-GMO, Fresh or Frozen	Buying local or growing fresh, organic produce *Limit high sugar fruits on the Advanced Plan
Nuts & Seeds	Conventional roasted nut butters, conventional roasted nuts w/ bad oils or flavorings/additives	Roasted nuts/seeds made with natural seasonings and good oils	Raw nuts/seeds and butters	Homemade or organic raw nuts/seeds and butters, kept refrigerated. Almond flour, coconut flour, preferably soaked/sprouted
Grains	GMO corn, conventional flours (white or wheat), white rice, pasta, cookies, crackers, cakes, etc.	Unrefined whole wheat, whole wheat pasta/couscous, organic grains "gluten free" flours like tapioca, rice flour, potato starch, cornstarch	Sprouted, cracked grains (kept refrigerated), ancient grains: quinoa, brown rice, buckwheat, spelt, bulgur, kamut, barley, teff	Very minimal or eliminate completely. (see book for more information) Replace with almond flour, coconut flour, psyllium husk
Eggs	Egg substitutes	Store bought, conventional eggs from factory farming	Store bought organic, cage free eggs	Local pastured, cage-free eggs
Dairy & Dairy Alt.	Conventional dairy from factory farms, skim/lowfat milk, cheese, yogurt, pasteurized and homogenized with sugars and/or artificial sweeteners, soy milk	No RBGH dairy, pasteurized and homogenized	Store bought organic dairy w no sweeteners, preferably non homogenized (usually can't find non-pasteurized)	Raw dairy from grass fed cows, cultured grass fed dairy (like kefir or amasai), preferably local. Dairy alternatives: full fat coconut milk, unsweetened almond milk.
Seafood	GMO, imitation seafood, large fish, fish prone to toxins, shellfish, farm raised	Farm raised, low toxic load	Wild Caught Fish	Wild Caught Fish with low toxic load and high omega 3's
Oils/Other Fats	Margarine, Trans fats, hydrogenated fats, unnaturally extracted fats like canola, corn, vegetable, soybean, safflower, sunflower, cooking sprays/spreads	Store bought butter, grapeseed oil, olive oil	Organic butter, extra virgin olive oil	Grass fed, organic butter, coconut oil, organic extra virgin olive oil, avocados
Beans & Legumes	Conventional, canned, flavorings/additives/preservatives	Conventional fresh, frozen or canned	Organic fresh, frozen or canned (for chickpeas, white beans, kidney beans)	Fresh, organic beans and dried/soaked beans
Meat	Conventional, factory farmed poultry, grain fed beef, pork, all processed meats	Organic, hormone free poultry, grain fed beef and pork, turkey bacon	Organic, free range poultry, grass fed beef, nitrite free turkey bacon	Organic 100% grass fed and finished beef, pasture raised poultry, whole *No pork or shellfish
Sweeteners	High fructose corn syrup, corn syrup, refined white sugar, brown sugar, powdered sugar	Agave syrup, molasses, store-bought honey, turbanado sugar	Local honey, pure maple syrup, sucanat, coconut nectar, coconut sugar	Stevia, erythritol, chickory root, xylitol (in moderation)